

Delight yourself in the Lord, and He will give you the desires of your heart

Psalm 37:4

As moms we understand what it means to delight ourselves in another person. We may have begun to experience this phenomenon when we met our child's father, but most likely the concept of delighting ourselves in someone other than ourselves became evident when our first child was born.

As we wake up we begin thinking about our children. What will we feed them? What will they wear? Do we have enough laundry done? And more than that, we find ourselves telling people about them constantly. They make us smile. Their antics cause us to laugh out loud!!! They drive us crazy, but when we don't see them for a couple of days because they'd rather stay at Grandma's or a friend's, we start to miss them. Even those of us who aren't as "dedicated" as some of our friends who are "super-moms," find ourselves making sure our schedules and itineraries will fit in their little lives.

We definitely understand the "delight yourself" concept. However, when was the last time we delighted ourselves in the Lord? Perhaps it's because of our children that we neglect this verse of scripture. They take up a lot of our time. And the older they get, the more we enjoy the time that we spend with them (yes, it can happen, I promise!). We'll drop everything for them.

How would our lives change if our first thought every morning was Christ and His needs for the day? What difference would it make if we dropped everything for our Creator? Can you imagine how it would mold our children for them to see us carving out time for God and talking about him as if we were excited about our relationship with Him?

By now most of you are thinking, "I wish I could do that, but I can't see it happening in my busy life." But wait! Look at the second half of the verse. This is a directive with a promise. God wants to give us the desires of our heart. When we truly delight ourselves in Him, He will give us the time we need to spend with our families. When Christ is our heart's delight, we start to see the things we love and desire come to pass.

And I believe we can take this verse in two ways. As we delight ourselves in the Lord, He puts into our hearts desires that will honor and glorify Him. He will give us direction in regard to those things we've been unsure of. You know, you're wondering if you should spend the money on that new pair of shoes. You start to delight yourself in the Lord, and all of a sudden you don't even want the shoes anymore. That's because your Heavenly Father has given you, placed within you, the desires that are in your heart. He's helped you see you didn't really want that pair of shoes.

I know the shoe analogy seems a bit trite, but I really think this verse can work for us in bigger ways. When we struggle with God's will for our lives, delighting in the Lord can help clear up our confusion. Truly making Christ our heart's delight will not only make us better Christians, it will make us better parents.

It will take some time, but with practice this spiritual discipline can become as natural as breathing. So, go ahead, take some time and concentrate on Jesus Christ. Make Him your heart's delight . . . He wants to give you the desires of that very heart!

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